

## **October – November - December 2006**

### **PLEASE READ THIS BEFORE REGISTERING FOR CLASSES**

We understand that advanced registration for twelve week sessions may be difficult for some, but it will allow us to determine when a class has sufficient participation to cover the instructor's fees, and it will relieve the instructors from collecting class fees as they have done in the past. In cases where people may not choose or be available to sign up for three months we will do our best to allow them to sign up for shorter periods. Our policy will be to first accommodate people who wish to register for the full 12 week session and then accept as many "part-timers" as space allows. Refunds will be granted up to two weeks prior to the start of any program. A full refund will be granted should the Center need to cancel a program. A credit will be issued should a medical or other extenuating circumstance arise. Scholarships for Westport residents are available by contacting either Susan Pfister at 341-5098 or Maybeth Wirz at 341-1072.

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#### **Dining at the Senior Café**

Chef, Bob Labrusciano prepares a daily nutritious and well - balanced meal for your pleasure Monday – Friday at Noon. Come and enjoy soup, salad, entrée and dessert for a suggested donation of \$3.00 - \$5.00. Reservations are required and must be made at least 24 hours in advance. To make a reservation, kindly call 341- 5099.

#### **Municipal Agent to Visit Center**

Maybeth Wirz, from the Department of Human Services, will visit the Center on Monday October 23, Wednesday November 15 and Tuesday December 19 from 10:30 – Noon. Individual appointments can be made ahead of time by calling 341-1072. Otherwise, Maybeth will be available to answer your questions and for general information and referral.

#### **Center Hours**

Monday: 8:30 – 4:30  
Tuesday: 8:30 – 4:30  
Wednesday: 8:30 – 4:30  
Thursday: 8:30 – 8:30  
Friday: 8:30 – 4:30  
Saturday: 8:30 – 12:30

Save the Date

#### **Wednesday November 8<sup>th</sup>**

The Westport /Weston Health District will be holding its flu clinic at the Center from 5:00 – 8:30 p.m. Stay tuned for details as the date approaches.

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#### **Share Your Thoughts...**

Program Specialist, Janet Canning will tune into your thoughts, comments and suggestions on Monday October 2, November 6 and December 4 from 10:00 – 11:00 a.m. We value your opinion so please, come and share!

#### **Blood Pressure Screening**

Nursing and Home Care will visit on Tuesday October 24, November 28 and December 26 from 10:00 – 11:30 a.m. for free blood pressure screenings.

#### **Parkinson's Support Group**

Facilitated by Paul Green, this group will meet on the 4<sup>th</sup> Thursday of the month from 10 – Noon (10/26, 12/28).

Registration begins the week of September 11<sup>th</sup>. Register now!

# Arts/Crafts

*October, November, December 2006*

*Westport Center for Senior Activities*

## **Beading & Jewelry**

Learn how to make gorgeous necklaces, bracelets, pins and decorative items under the guidance of your teacher.

Instructor: Kyra Avalotis.

Fridays Oct. 6 – Dec. 29

9 Classes = \$27.00

holiday: 11/10, 11/24, 12/22

10:00 - Noon

## **Beginning Drawing & Watercolor**

College professor Tom Scippa will teach the basics of drawing and watercolor techniques. The course includes the fundamentals of composition, color and creativity.

Mondays Oct. 2 – Dec. 18

11 classes = \$33.00

holiday: 10/9

10:00 – Noon

## **Creative Art Workshops with Alicia Jones**

Memory Wire Beaded Bracelets – make a beautiful memory wire bracelet using your own beads or Alicia's for a small fee. Saturday, Oct. 14<sup>th</sup> 10:00 – 11:30 a.m. Cost: \$5.00

Holiday Wreath – Making Workshop: Bring your own materials: silk, dried or fresh greenery, flowers, berries, cones, etc. Alicia will help! Saturday, Nov. 18<sup>th</sup> 10:00 -11:30 a.m. Cost: \$3.00

## **Intermediate Drawing & Watercolor**

This class is designed for those with previous experience. Each class will focus on a different aspect such as technique, creating depth, light and shade as well as color.

Instructor: Tom Scippa

Tuesdays Oct. 3 – Dec. 26

13 classes = \$39.00

10:00 – Noon

## **One-Stroke Painting Class**

This stress-free decorative painting



technique has gained a strong following due to its simple, methodical approach. Even people who have never before picked up a paintbrush feel comfortable trying this step-by-step painting method. Supplies will be provided. Samples on display in the Center's display case for your viewing.

Instructors: Benjamin and Darraugh Cianfichi

Part 1 – Thurs. October 12<sup>th</sup>

4:30 – 6:30 p.m.

Part 2 – Thurs. November 9<sup>th</sup>

4:30 – 6:30 p.m.

Cost: \$6.00/each 2 hour class

## **Stained Glass Instruction**

Learn about the different types of glass, how to cut, copper foil, solder, frame, grind so that you will create a beautiful finished product.

Instructor: Kyra Avalotis.

Thurs. Oct. 5 – Dec. 28

12 classes = \$36.00.

10:00 - Noon

## **Open Knitting & Craft Circle**

Bring that unfinished project to the circle and finish it amongst good conversation and friends. You'll have support and knowledge from others in class. Every Wednesday from 1:00 – 3:00 p.m. FREE

## **Sculpture Instruction**

For Beginning & Experienced. You'll work in clay exploring techniques and developing individual expression. Clay pieces will be fired in kiln and either painted or glazed. Instructor: Tom Scippa.

Tuesdays Oct. 3 – Dec. 26

13 classes = \$39.00

1:00 – 3:00 p.m.

## **The Great Russian**

### **Composers – Come & Listen**

Instructor Leah Fine will share the cultural, political and historical background that influenced composers such as Tchaikovsky and Stravinsky.

Mon. October 30, November 6, 13, 20, 27, Dec. 4

Time: 2:30 –

3:30 p.m.

FREE!!!



## **Photo Contest – Save the Date**

Opening Gala - Oct. 27<sup>th</sup> 3:00 - 5:00 p.m. Contest rules and entry forms available at the Center.

**Pre-registration begins the week of September 11<sup>th</sup>!**

# Exercise and Dance

## October, November, December 2006

Westport Center for Senior Activities

### Aerobic Chair

A varied exercise routine that develops strength for legs and upper body while providing an aerobic workout.

Instructor: Ruth Sherman.

Tuesdays and Thursdays

9:45 – 10:30 a.m. Oct. 3 – Dec. 28

Tuesday 13 classes = \$19.50

Thursday 12 classes = \$18.00

### Yoga for Total Health

Learn the basics of Kripalau-based Hatha Yoga in a gentle, warm environment. *Instructors: Denise O'Hearn and Ellieth Harris.*

Monday, Wednesday and Friday from 8:45 – 9:45 a.m.

Monday 11 classes = \$33.00

Oct 2 – Dec. 18

Wednesday 13 classes = \$39.00

Oct. 4 – Dec. 27

Friday 9 classes = \$27.00

Oct. 6 – Dec. 15

Saturday, 10 classes = \$30.00

9:00 – 10:00 a.m.

### Chi-Gong

Build up your health and prevent illness by combining discipline of mind, body and the body's vital force through the Chinese exercise system.

Instructor: Ellieth Harris.

Tuesdays 8:30 – 9:30 a.m.

Oct. 3 – Dec. 26

13 classes = \$52.00

### Strength Training

Emphasis on hand weights and exercises to stretch and tone muscles.

Instructor: Sandy Adamczyk.

Mondays 1:00 – 2:00 p.m.

Oct. 2 – Dec. 18

11 classes = \$33.00 (holiday 10/9)

### Tai Chi

Instructor, Mari Lewis teaches the Yang method of tai chi, a pleasurable and beautiful form of exercise that builds strength, balance and peace of mind. Wednesdays 11:00 – Noon

Oct. 4 – Dec. 27

12 Classes = \$36.00

**Pilates** – An exercise system focused on improving flexibility and strength for the total body; a series of controlled movements engaging your body and mind.

Tuesdays 9:00 – 10:00 a.m.

Oct. 3 – Dec. 26

13 Classes = \$39.00

Thursdays 11:00 – Noon

Oct. 5 – Dec. 28 (holiday 11/23)

12 Classes = \$36.00

Thurs. 3:45 – 4:45 p.m.(seniors only)

– Beg. 12 classes = \$36.00

Thurs. 4:55 – 5:55 p.m.

Inter./Advanced

12 classes = \$36.00

Instructor: Charlene Erwin

### Dance & Stretch

Sandy Adamczyk will teach you smooth moves while you stretch your muscles and swing your hips all to the sound of soothing music.

Wednesdays from 1:00 – 2:00 p.m.

Oct. 4 – Dec. 27

13 classes = \$39.00

### Creative Dance & Moves Instruction

You'll learn to dance with your peers while building confidence, increasing coordination, and developing an understanding of rhythm and timing.

Instructor: Brandon Stavola from Ballroom Dance Sport in Southport.

Tuesdays from 1:00 – 1:45 p.m.

Oct. 3 – Dec. 26

13 Classes \$19.50

### Alexander Technique

A simple and practical method of improving ease and freedom of movement, balance, support and coordination – a reeducation of the mind and body. Instructor: Linda DeLeon.

Thursdays 10:00 – 11:00 a.m.

Oct. 5 – Dec. 28

12 classes = \$36.00

### Fitness Center –

A fully equipped work-out room in a warm and friendly environment. Certified trainers are ready to assist and guide you during all scheduled classes. To enroll in this program, you must come in and complete the appropriate paperwork. Classes run in 12 week increments for \$36.00. Open gym times at \$3.00/hour are available for those who have completed at least six classes. Please inquire for a schedule of all class and open gym times. The gym is open late on Thursdays and from 8:30 a.m. – 12:30 p.m. on Saturdays.

### Belly Dancing Basics

The freedom to interpret sound with the body is therapeutic and emotional. Audiences have described Tava's dancing as soulful, playful and contagious. Come and plan to have fun!

Instructor: Tava Naiyin

Friday, December 1

1:15 – 2:30 p.m.

Cost: \$4.00



# *Languages, Nutrition & Games*

*October, November, December. 2006*

*Westport Center for Senior Activities*

## LANGUAGES

### **Spanish with Monica deSosa**

Beginner's Spanish

11 Mondays, 10/2 – 12/18

(holiday: 10/9)

11:30 a.m. – 12:30 p.m.

Cost: \$33.00

This course provides solid syntax, grammar and vocabulary foundations. No previous experience or recent exposure to the language required. Emphasis will be on developing functional and useful conversation skills. Text: *Spanish is Fun, Book 1* (\$15.00).

### **Intermediate Spanish**

11 Mondays, 10/2 – 12/18

(holiday: 10/9)

12:30 – 1:30 p.m.

Cost: \$33.00

Building on Spanish for beginners, this course goes into more advanced grammar, speech, conversational and writing skills. Text: *Spanish is Fun, Book 2* (\$15.00).

### **Conversational Spanish**

9 Fridays, 10/6 – 12/15

(holiday: 11/10, 11/24, 12/22, 12/29)

9:30 – 10:30 a.m.

Cost: \$27.00

You'll speak Spanish from the moment you walk into the class to the moment you leave.

### **French with Nell Mednick**

French – Beginner

13 Wednesdays, 10/4 – 12/27

1:00 – 2:00 p.m.

Cost: \$39.00

Text: *French is Fun, Book 1* (\$15.00).

### **Chess Club with Will Martell**

Come and learn how to play or improve upon your game under the watchful eye of Will. Supplies provided.

Saturday, Oct. 7 – Dec. 16

11:00 – Noon FREE!

### **Movies in French: 1:00 – 2:30**

10/25, 11/29, 12/20

### **Movies in Spanish: 10:30 – Noon**

10/27, 11/17, 12/15

### **Conversational French**

13 Wednesdays, 10/4 – 12/27

10:00 – 11:30 a.m.

Cost: \$39.00

You'll speak French from the moment you walk into class to the moment you leave. You'll improve your speaking and listening skills.

### **Bridge Instruction with Lenore**

11 Mondays, 10/2 – 12/18

(holiday: 10/9, 12/25)

Cost: \$33.00

10:00 – 11:45 a.m.

Lenore Ehrensaal will introduce the language of bidding, scoring, guidelines for play and hand valuation. Come improve upon your skills and improve your game

### **Poker**

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – 11:45 a.m. in the game room. You'll have loads of fun!

***Registration begins the week of September 11<sup>th</sup>. Don't get shut out! Pre-register now!***

### **Recreational Bridge –**

Mondays: 10:00 – 11:30 a.m. and 1:15 – 4:15 p.m. Free!

### **Table Tennis**

Come and play table tennis (ping-pong) every Tuesday afternoon from 2:30 – 4:30 p.m. This event is co-sponsored with the Y's Women.

### **Bingo**

Come and play different types of Bingo games under the calling of Gerry Duquette. You'll have fun and maybe even go home a winner!

Every Thursday from 1:15 – 2:30 p.m. Refreshments served.

### **Mah-Jongg**

A game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Mah-Jongg is offered every Thursday from 1:00 – 3:00 p.m. Instructor: Annette Kirban. No experience required.

### **NUTRITION TALK**

Nancy Ferriello, M.S., R.D., CD-N will speak on: "Reading and Comprehending Food Labels." Learn percents, daily consumption and what ingredients to stay away from.

Wednesday, October 25<sup>th</sup>

10:30 a.m. – Noon.

### **Sugar Blues –**

### **Wellness Session**

Sugar is an addictive! Learn over 46 names of sugar hidden in our food. Learn about the dangers of sugar and how to transition to healthier natural alternatives.

Instructor: Alisa Cohen-Kessler, Holistic Health Counselor

Friday, October 27<sup>th</sup>

10:00 – 11:30 a.m. FREE!

# Lectures/Classes

October, November, December 2006

Westport Center for Senior Activities

## Feng Shui – Part I & Part II

Your environment affects how you feel. Learn how to use the ancient art of Feng Shui to purposefully arrange your possessions in order to gain positive results and change.

Instructor: Joan Law

Dates: Sat. Oct. 28<sup>th</sup> & Nov. 11<sup>th</sup>

Time: 11:00 a.m. – 12:30 p.m.

Cost: \$8.00 for both classes.

### Channe Fodeman, MSW

- Learning Optimism - October 30
- In Search of the Silver Lining – Nov. 27<sup>th</sup>
- You Can't Make the Grass Grow by Pulling It! – December 18

Lectures are offered free of charge with interactive participation and discussion encouraged. 1:15 – 2:30 p.m.

### Let's Talk

Psychologist Stu Losen will facilitate a discussion group of any subject matter that may be on your mind. Come and express your opinion in a safe and supportive atmosphere.

Tues. October 3 – December 19  
1:30 – 2:30 p.m. (Free)

### Holiday Safety Tips

The Westport Fire Department will visit to share fire safety tips as we come upon the holiday season. The use of candles, extension cords, indoor lights and alternative heating devices will be covered. Let's all have a safe holiday season.

Thursday, November 16<sup>th</sup>  
10:30 – 11:30 a.m.

## You're 75 – What will the world be like when your grandchildren are 75 and their children are 75?

Futurist, Watts Wacker, Jr. is one of the most celebrated and influential minds in modern business and one of the world's most respected futurists. Come and enjoy this thought provoking lecture.

Date: Dec. 5<sup>th</sup> 1:15 – 2:15 p.m.

Please Note: Let's Talk will join this lecture this week.

### Red Hatters to Visit

Edythe Ritchie will bring the Ruby Ramblers of Fairfield County Back to the Center for another fabulous show on Wed. The women will put on a fashion show and stroll throughout the crowd!

Refreshments will conclude this event. Reservations are required!  
Wednesday, December 6<sup>th</sup>  
Noon – 2:15 p.m.

### Intro. to Personal Kabbalah

Personal Kabbalah is the study of our individual relationship with a higher power and our purpose for being here. Penny Cohen, LCSW, author of *Personal Kabbalah: 32 Paths to Inner Peace and Life Purpose* has been lecturing for the past 20 years.

Thurs. October 12<sup>th</sup> 10:00 – 11:30 a.m. Cost: \$5.00

### Meditation with Maria

Relax, renew, refocus! You'll learn how to open and relax your body through gentle restorative movement. Instructor: M. Wippick  
10 Mondays – 10/16 - 12/18  
2:30 – 3:30 p.m.  
Cost: \$30.00

## Westport Public Library Update: What's New?

Reference Librarian Joyce Vitali will share the latest news and happenings from the Westport Public Library. New calendars and schedules from the library will be distributed.

Tuesday, November 14<sup>th</sup>  
10:30 a.m.

### AA for Seniors

Alcohol abuse by older adults is a growing problem. Prescription drug interaction often complicates matters. Fortunately, many seniors have sought help. Watts Wacker, Sr. will help organize a new, senior AA group that will meet every Friday from 11:00 – Noon beginning Oct. 6<sup>th</sup>. This meeting will be held in a private room and everyone will be treated with the utmost respect, dignity and confidentiality. Please feel free to contact Watts at 227-5122 for further information.

### Mind-Body Whole Person

#### Paul Epstein, ND

Wed. 10/4, 10/11, 10/18

Fri. 10/27, 11/3

Time 1:15 – 2:15 p.m. Free!

### Healthy Cooking and Eating Made Simple

A Fitness and Wellness Expert, Geri Zatcoff specializes in weight loss and in preventative and rehabilitative physical conditioning. Geri has Masters Degrees in both Human Nutrition and Exercise Science & Wellness.

6 Thursdays – 10/5 – 11/9  
10:45 – 11:45 a.m.

Cost: \$18.00



# Technology Times

Autumn 2006

Our affordable classes have skilled and patient instructors. Our goal is to make learning fun as well as useful. Handouts or reference materials are included with every class.



## Absolute Beginner

Did you just get a computer? Do you want to learn to get better on it? This class is for you! After a review of different computer types, hooking up to the internet, you will learn how to turn on the computer, use the mouse and keyboard basics. In addition, you will learn email basics, using a word processor, and surfing the Internet.

Dates: 9/11, 9/13 1-4 pm  
9/15 10-12 pm  
Price: \$40

## Today's Technology...how to buy a computer

Intimidated by what is out there? Do you want to get on the information superhighway but you're still a bit intimidated? This class will demystify the process of purchasing a computer, getting a printer, and the most cost effective way to hook up to the internet.

Dates: 9/15 1 - 3 pm  
Price: \$10

## Email

Regardless of the email program you use, this class will be terrific as you will learn how to compose a message, address a message and



learn how to send and open attachments. Although each email program has its own distinctions, this class will provide the student with the confidence to become expert at their correspondence.

Dates: 9/29, 10-noon  
Price: \$15

## Useful Applications

These courses are helpful for those of you still working, busy in retirement or volunteer activities, or those wishing to explore what the computer can offer.

## Word

Is the word processing package that allows you to write your memoirs, poetry, desktop, publish a newsletter, or manage your written correspondence. You can also create flyers or posters. If there is a demand, we can schedule an intermediate class. Experience with the mouse and keyboard is necessary.

Part 1: 9/18, 9/20 1-4 pm  
Part 2: 10/2, 10/4 1-4 pm  
Price (per course): \$40

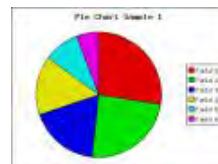
## Mail Merge

For those familiar with Word 2002, this session will show you how to create labels or letters for holidays or any special event. Students may wish to bring their own address list to class.

In addition, work with graphics and photos to create visual appeal. If you have any images on disks, feel free to bring them along.

Dates: 11/9, 1-4 pm  
Price: \$20

**Excel** is an automated ledger sheet that allows you to manage your budgets, create lists, and do calculations. Use this program to review your investments as well as creating graphs. If there is sufficient interest, we can offer an intermediate course.



Part 1: 9/25, 9/27 1-4 pm  
Part 2: 10/9, 10/11 1-4 pm  
Price: \$40

## PowerPoint

If you are making presentations to groups or like working with graphics, this is the program to learn! Students will create a professional looking slide show. This program is also ideal for those who wish to make flyers.

Dates: 10/23, 10/25 1-4 pm  
Price: \$40

## Photography

If you have a digital camera and want to become more familiar with it, this class is for you! Learn the basics of taking pictures with an electronic camera. Students will also receive an introduction to Photoshop Elements in the second class so that you can learn simple cropping and retouching techniques. Time permitting; there will be a brief review of how a scanner works.

Please make sure you bring the following to class:

- Camera with fully charged batteries
- Instruction manual

- Cables that came with the camera
- Storage media (these are little digital cards that may or may not have come with the unit)

If you are interested in learning how to use a scanner, please bring along a couple of photos.

Dates: 10/16, 10/18 1-4 pm

Price: \$ 40

### **Using a Computer with a Disability**

Have you felt you could not use a computer because you have limited sight or have manual difficulties? Today, much is being done to make computers accessible to all. This one session course is primarily a workshop to discuss what computer aids are available and where to go for help.

Date: 11/27 10:00 – Noon

Price: \$5.00

### **Gifts for Grandchildren Using the Internet**

Running out of ideas for the perfect gift for your grandchildren? With the power of the Internet, you can search all over the world for special gifts for people of all ages. Come with your special gift list and let's go shopping!

Date: 12/4 10:00 – Noon

Price: \$15.00

### **Computer Clinic**

Why can't I download that file from my daughter? This free weekly drop in class will assist you with your everyday computer dilemmas.

Instructor: Andree Brooks

Friday, Oct. 6, 13, 20, 27

3:00 – 4:00 p.m. FREE

### **Photoshop Elements**

This reasonably priced program is very powerful in allowing you to not only improve that yellowing photograph in the album, but to give some pizzazz to your electronic photos!



Dates: 10/30, 11/1 1-4 pm

11/3 9-noon Price: \$40

### **Internet**

#### **Introduction to the Internet**

In this class you will learn the basics. We will visit different types of websites from shopping to genealogy to health issues which will provide entertainment, research, and much more.

Dates: 10/16, 10/23, 10/30

10:00 - Noon

Price: \$40

#### **Searching the Internet**

Now that you've hooked up to the Internet, you will want to research topics that interest you such as genealogy, medicine, etc. This is more than just Google, we discuss other methods to find topics of interest.

Dates: 11/6, 11/13 10 - Noon

Price: \$30

#### **Online Dating – finding your soul mate**

Regardless of our age, we all wish to connect! We will review websites (some of them do not charge). Learn how to write copy to intrigue potential partners, respond, and learn about safety. We will discuss how to create a flattering yet honest photo. No guarantees are promised. However, you will be able to decide about investing time and/or money.

Expertise on the computer and the internet is not necessary, common sense and discretion is!

Dates: 10/13 9 – noon

Price: \$ 20

### **eBay...an overview**

This single session will be a visual demonstration on how eBay works. You will see some auctions in action, some discussion on safe bidding, setting up an account, and what PayPal is. eBay is a great way to sell or buy almost anything from jewelry to collectibles to antiques.

Date: 11/6 1-4 pm

Price: \$20

*Note: if there is sufficient interest, we can schedule a hands-on course in the winter..*

### **Google**

Google is more than just a search engine. We will review their other many features you may not know about such as Froogle (shopping), maps/Earth, Picasa (a free photo editing program), etc.

Date: 10/6 9 –noon

Price: \$20

### **E-commerce**

For those of you with internet experience who wish to advance your skills, learn about shopping, travel, online banking and more. To do online banking, bring your checkbook/ credit card statements to receive hands-on training.

Dates: 11/13, 11/15 1-4 pm

Price: \$30

### **Mondays with Donna or Fridays with Frank!**

Make an appointment with Donna or Frank to have personalized training on almost any topic on the computer! Limit: 2 times per month.

Call 341-5099 to schedule.

Price: \$3/appointment